

Happy or Sad— Praise God

Sabbath

Do Do this week's activity on page 66.

Have you ever felt so sad you thought your heart would break? Or ever been so upset that you couldn't stop crying? In this story a woman felt just that way. She was able to find a solution by talking to God about it. Imagine her telling her granddaughters about what happened. (See 1 Samuel 1; 2:1-11; Patriarchs and Prophets, pp. 569-574.)

Tell us the story of our uncle Samuel again," Abbey and Michal begged their grandmother. Hannah smiled and stopped her weaving as

Sunday

Read Read "Happy or Sad—Praise God."

Make Write your power text on a long narrow strip of paper (like a streamer). Hang it someplace where it will catch the breeze. Each time you see it flutter repeat the words to yourself.

Pray Pray that God will help you deal with whatever problem you have right now in your home, school, or church.

NINE

POWER POINT

We praise God by
praying to Him
whether we are
happy or sad.

POWER TEXT

"Do not be anxious
about anything, but in
everything, by prayer and
petition, with thanksgiving,
present your requests to God"

(Philippians 4:6, NIV).

the girls clamored to get comfortable spots to sit.

"It was a long time ago," Hannah began, "before your mother was even born. Your grandfather, Elkanah, and I lived in Ramah along with Peninnah, your grandfather's other wife, and all of her children.

"Those were not exactly the happiest years of my life. Your grandfather was always very good to me, but Peninnah enjoyed making my life miserable. You see, at that time, she had children and I didn't. She would taunt me, saying, 'See how God has blessed me with so many children? What did you do, Hannah?

Were you unfaithful to Elkanah? Is that why God hasn't blessed you too?' There were so many nights when I cried myself to sleep because her words hurt so much.

"Whenever we went to Shiloh to offer the yearly sacrifices, Elkanah would give portions of meat to everyone, but he

Monday

Read Read 1 Samuel 1:1-8.

Write In your Bible study journal, write the names of two family members and two friends. Beside the names write something nice you can do for them, and when and how you plan to do it.

Pray Pray that you will never ridicule or tease anyone—even if others are taunting them. Ask God to give you the courage to always be pleasant to others.



Tuesday**Read** Read 1 Samuel 1:9-18.**Talk** Talk out loud to God. You may want to go for a walk outside and do this. Cry out to Him in a “needing” way about what is on your heart. Then stop and be still and whisper, “Thank You, Jesus, for hearing my prayer.”**Sing** Sing a song with your family or on your own that makes you feel happy and reminds you of Jesus’ love.

would give me a double portion. Of course, this only made Peninnah meaner to me. She knew that I was Elkanah’s favorite wife. During those trips she would torment me until I would burst into tears and be unable to eat anymore.

“One evening when we were finished eating, I was so upset that I went out near the doorposts of the tabernacle. I started pouring out all of my hurt, pain, and frustration to God. I made a vow. I promised God that if He gave me a son, I would give that child back to Him.” Abbey and Michal grinned at each other. They knew the part of the story that was coming next.



Wednesday

Read Read 1 Samuel 1:19-23.

Make Take a box (shoe box). Cover it with white paper (or paint). Decorate it by drawing a large red cross on the lid. On small, Band-Aid size strips of paper write some things you can praise God for. Put two more strips in the box each day. Then, next time you feel sad you can take these “first-aid” strips out and read them.

Pray As you pray, repeat to God in a prayerful waysome of the things you have written on the strips.

Hannah continued, “Suddenly, my prayer was interrupted. I heard a man’s voice say, ‘How long will you keep on getting drunk? Get rid of your wine’ [1 Samuel 1:12, NIV]. My eyes shot open! Drunk? How could he think I was drunk? Eli, the priest, had been sitting in a chair there by the doorposts and had seen me praying silently in my heart. My lips had been moving, but no sound had been coming out.

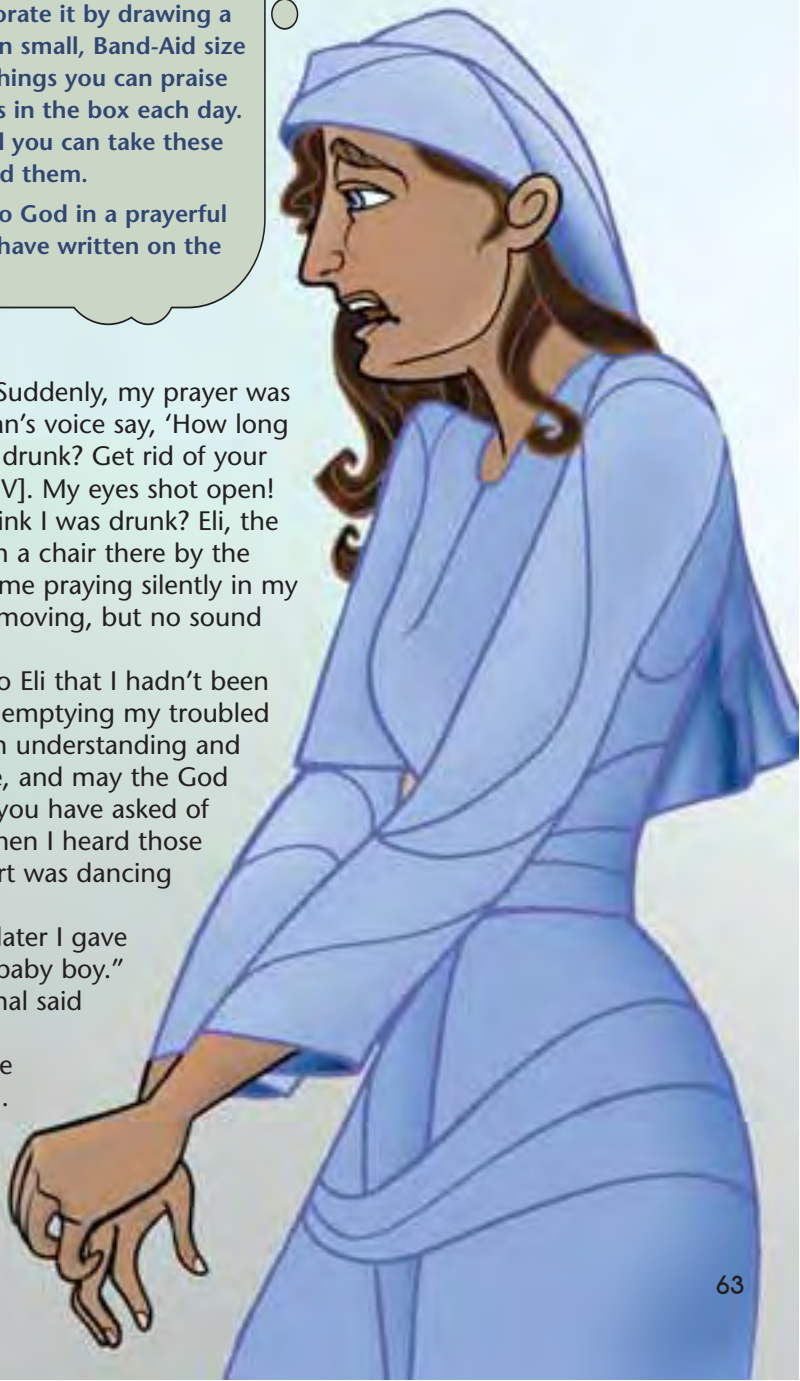
“I quickly explained to Eli that I hadn’t been drinking at all, I was just emptying my troubled soul to God. He smiled in understanding and blessed me. ‘Go in peace, and may the God of Israel grant you what you have asked of him’ [verses 17, NIV]. When I heard those words, it felt like my heart was dancing inside me with hope.

“About nine months later I gave birth to a beautiful little baby boy.”

“Uncle Samuel!” Michal said loudly with a big smile.

“Yes, it was your uncle Samuel,” Hannah replied.

“I loved gazing into his face and tickling his perfect little fingers



Thursday

Read Read 1 Samuel 1: 24-28.

Think Hannah made a huge sacrifice in giving Samuel back to the Lord. Sometimes we need to give up some things in order to stay close to God.

List List some things you could give up—things that may be keeping you from spending as much time as you should with God.

Pray Ask God to help you see what is really important in life.



and toes. Your uncle was a prayer come true. He was the end of my misery and the beginning of my joy.”

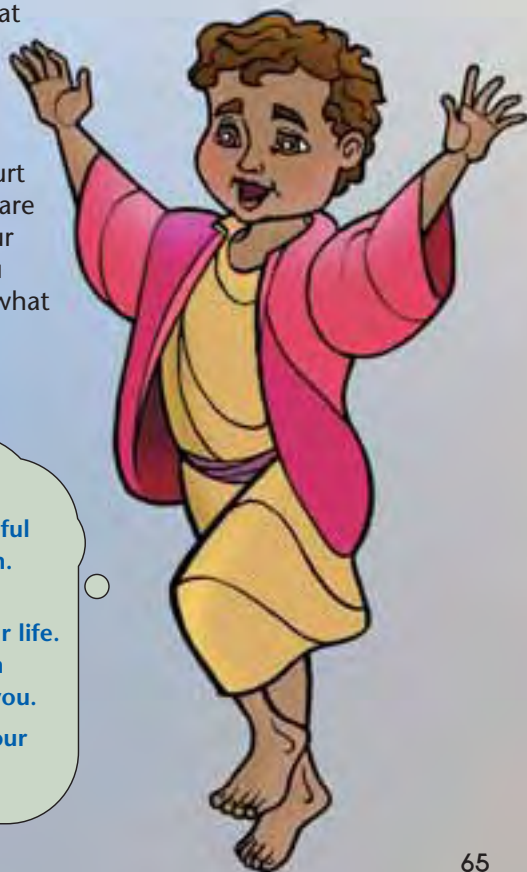
“But Grandmother, what about your promise to God?” Abbey asked.

“Oh, I didn’t forget about my promise to God. The story is not over yet. I took very good care of Baby Samuel, but when he was old enough to be separated from me, it was time for me to keep my vow and give him back to God.

“We journeyed to Shiloh to offer sacrifices and I took Samuel to Eli the priest. I told him, ‘I am the woman who stood here beside you praying to the Lord. I prayed for this child, and the Lord has granted me what I asked of Him. So now I give him over to the Lord’ [verses 17, 18, NIV].

“I prayed a different prayer that day. This time no one accused me of being drunk. I prayed the prayer of praise to God that you both have heard many times.”

Hannah took a deep breath and smiled at her granddaughters. “Girls,” she said, “never ever forget that God cares about you all the time. You can always talk to Him, no matter what you are feeling. If you’re happy or sad, angry or frustrated, hurt or scared, you can always talk to God. You are actually worshiping Him by bringing all your feelings to Him. He doesn’t always give you what you ask for, but He always gives you what is best for you.”



Friday

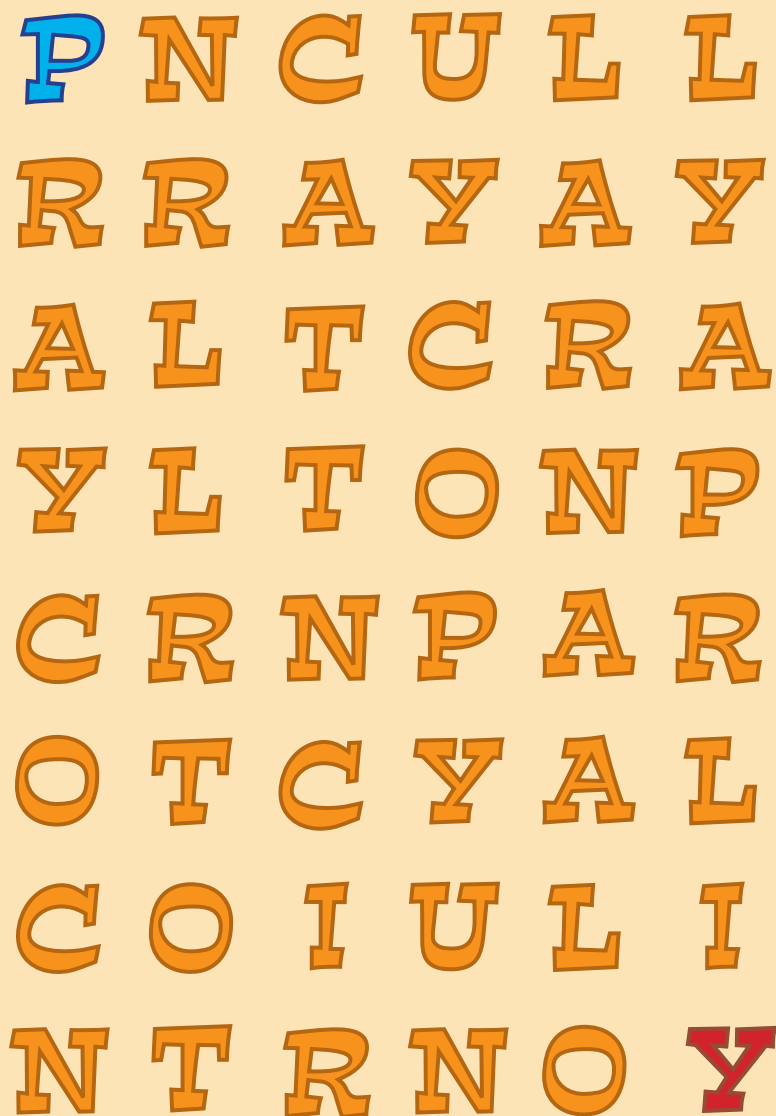
Read Read 1 Samuel 2:1-10. This beautiful prayer that Hannah prayed is like a psalm.

Write Write out a short prayer/psalm thanking God for the way He has led your life. Feel free to copy some of the words from Hannah’s prayer that are meaningful to you.

Share Share your prayer/psalm with your family and with God.

Pray Continually

Instructions: Start at the blue "P." Can you find the route through this maze that spells "PRAY CONTINUALLY" and finishes at the red "Y"? You may go from letter to letter forward, backward, upward, downward, or diagonally.



In His Service

A = 0

B = 0

C = 3

D = 8

E = 6

F = 5

G = 2

H = 3

I = 0

J = 0

K = 1

L = 1

M = 0

N = 0

O = 2

P = 1

Q = 2

R = 7

S = 3

T = 4

U = 1

V = 0

W = 3

X = 8

Y = 3

Z = 3

Instructions: In the table, each number tells how often each letter is used in the puzzle. Use the letter patterns and trial and error to help you figure out this puzzle. Each letter is substituted for another; can you decipher this message? The Bible reference is given as clues.

*"Cz reosex predf ds qx zctfd, yx glfd qx
dyx wxto hrfd, rek dyx fxtwred sz rhh"
(Mark 9:35, NIV).
(Grtu 9:35, ECW).*

Total letter count = 66